

1-23-2018

Iowa State Daily (January 23, 2018)

Iowa State Daily

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MASON JAR SALADS
Looking for a delicious and nutritious on-the-go meal? Check out our recipes for make-ahead Mason jar salads.

>> **PAGE 15**



MEN'S BASKETBALL
Check out our three takeaways from the men's basketball game against Texas at iowastatedaily.com.

>> **ONLINE**

A NIGHT THAT CHANGED GRIFFIN MASON'S LIFE

CHRIS JORGENSEN/ IOWA STATE DAILY

Griffin Mason, a sophomore in kinesiology and health, suffered from a brain tumor.

BY CONNOR.FERGUSON
@iowastatedaily.com

"I was running around my apartment, I couldn't read anything ... I couldn't remember what school I went to. I didn't know what was happening."

The Episode

Griffin Mason was sitting in his apartment on a Sunday afternoon in October. Halloween was Friday, but the weekend had passed, and classes would resume soon.

Mason, a sophomore studying kinesiology and health at Iowa State, sat down to work on homework that night, just like any other, getting ready for the week ahead of him.

Then something happened.

His material began to be difficult for him to read.

"I freaked out," Mason said. "I couldn't read things. I was running around my apartment [trying to read different words]. I knew I should be able to put these things together."

Next, he started losing his memory and even forgot what school he went to.

"I knew I was in my apartment at school," Mason said. "But, I couldn't remember what school I was at. I couldn't remember the name."

Then his vision started to get worse.

"It's weird," Mason said. "It freaked me out. [I forgot] everything [I've] learned up to that point."

Though, after about 30 minutes, it started to get better.

Mason regained his vision and memory and started doing some research.

"There [were] cases where migraines will cause the same symptoms I had," Mason said. "So I didn't do anything about it [right away]."

Earlier in the day, he had been experiencing some headaches, but he didn't think much of it. He thought it was just a strange migraine.

Mason was having a seizure.

An abnormal amount of blood had been rushing to his brain, specifically to the left part which deals with reading and memory, causing him to not make proper connections while reading.

Mason was experiencing symptoms of Alzheimer's Disease and dementia, according to WebMD, though this was something much different.

A brain tumor.

Mason gathered himself and after researching what had happened, called his girlfriend, Ashton Ehrecke.

"I was out and about running errands," Ehrecke said. "He called me. He tried to explain what had happened. You could tell he was kind of shaken up."

"I could tell he wasn't able to describe it very well because he didn't even understand what happened."

Ehrecke, a junior in elementary education at Iowa State, went to Mason's apartment and stayed with him for the rest of the night to make sure he was alright. The next morning, he was fine.

Mason called his parents to explain what had happened that morning. They advised him to see a doctor.

He went to the Thielen Student Health Center where they narrowed it down to three things that it could have been: a migraine, like Mason had thought, a minor stroke or a tumor.

Although the doctors at Thielen said they suspected it to have just been a migraine, they sent Mason to the Mary Greeley Hospital across town later that day.

In-between doctor visits, Mason grabbed a bite to eat with his best friend and soon-to-be roommate, Trevor Sabo. He told Sabo what had happened.

"It caught me off guard," Sabo said. "He told me it could be three different options. I remember thinking, 'Well, let's just hope it's a migraine.'"

Sabo was a teammate of Mason's when they played hockey together for Iowa State's club team.

"It's crazy it came out of nowhere like that," Sabo said. "One day he's fine, the next day he's having a seizure."

Mason went to Mary Greeley for his appointment. Although doctors suspected it was a migraine, as was previously thought, they did a brain scan anyway since he was already there.

He waited about 40 minutes for the doctor to return to the room. When he finally got back, he broke the news to Mason.

There was a tumor in the left side of his brain.

"I sat there, and I was like, 'Shit,'" Mason said.

The sheer amount of shock took over.

"I wasn't exactly expecting to hear it," Mason said. "When I did [hear the news], I was extremely shocked and pretty speechless. At that moment, everything flashes through your mind, 'Is this going to kill me? How much longer do I have?'"

"I started thinking about everything I've done in my life. I pretty much just sat there for an hour in silence just trying to





EMILY BLOBAUM/ IOWA STATE DAILY

Doolittle Prairie is located less than 10 miles north of Ames and is home to a variety of native flowers, prairie grass and wildlife.

SUSTAINABILITY

Protecting Iowa's soil and prairies

BY MEGAN GILBERT,
contributor to the daily

This series explores how the Iowa State community and its members prioritize sustainability as they interact with resources such as land, water and electricity. 'Sustainable steps: A look at green efforts in the Iowa State community' is a collaborative project between the Greenlee School of Journalism and Communication depth reporting class and the Iowa State Daily.

Iowa was once quilted in tall green grasses and sprinkled with colorful wildflowers waving back and forth in the wind which swept across the open plain. Then the land began to change.

The first changes to the land accompanied the first settlers in the 1830s. The rich, fertile soil was upturned and seeds were sown. The natural prairies slowly began to disappear, replaced by small fields.

Today, 85 percent of Iowa's land is farmed and the lush grasslands have all but disappeared, but they're not the only thing to have vanished.

Protected by the deep, complex root system of natural prairie grasses and flowers, Iowa's rich soil could withstand heavy rainfall and wind. As these plants were eradicated, the soil began to migrate, blown or washed away by natural processes, taking with it the nutrients that make it so desirable.

As the soil and its nutrients moved, farmers began to add chemicals to their fields in an attempt to supply their crops with the same rich soil they once had.

The problem with this, however, was that the chemicals these farmers were pumping into the soil began to find their way into the water system.

Small strips of prairie grasses and wildflowers have started to appear in fields across the state in an attempt to provide a natural buffer from erosion and keep chemicals from reaching rivers and lakes.

Prairies act like a blanket over soil, said Richard Cruse, professor of agronomy. Exposed soil is vulnerable to erosion, particularly rainfall, but the natural grasses of Iowa create an "open-pore system" that allows water to be absorbed by the soil instead of running off and carrying soil and nutrients along.

These strips of native plants are composed of wildflowers and prairie grasses that would have naturally grown in the

area. To design effective prairie strips for fields across the state, the Department of Natural Resources (DNR) has to make educated guesses as to the plants that might work well in one area or another, said Todd Bogenschutz, a wildlife researcher with the Iowa DNR.

"Prairie strips are one simple way that farmers can keep nitrogen from getting in the water system," Bogenschutz said.

Between 1850 and 1950, approximately 260 million acres of natural grasslands were tilled and converted into farmland in Iowa, Minnesota, Nebraska, North Dakota and Montana, while another 30 million were converted before 1990.

These natural grasslands are important habitats for native species, Bogenschutz said. As the land began to change, these animals were forced to find new homes. In addition to reinstalling a portion of the natural grasslands of Iowa, prairie strips also provide a home for native animals.

Some species are particularly attracted to certain plants and flowers and, in turn, will flock to where they can be found, Bogenschutz said. The benefit of native species is that they can benefit the entire ecosystem.

Small areas of prairie that avoided destruction are like a window into the past, providing an idea of what plants work in different areas across the state said Ryan Schmidt, the Land Stewardship Director with the Iowa National Heritage Foundation.

"The benefits are tremendous," Schmidt said. "The biggest challenge is just introducing a new idea to a farmer who has worked on the same land for years or decades."

As crop prices rise and more insurance subsidies are available for farmers, Schmidt said that it can be difficult to persuade private land owners to convert farmland into grass or wetland areas.

In North Central Iowa, the Conservation Reserve Enhancement Program acts to improve water quality, reduce soil erosion and minimize the amount of pollutants that enter the water table. It also works with private landowners on cost-sharing programs that encourage farmers to install prairie strips.

The Conservation Reserve Enhancement Program is a part of the U.S. Department of Agriculture's Conservation Reserve Program, which is a federally funded program that works with land owners across the country to protect

environmentally sensitive areas.

In 2016, the Conservation Reserve Program spent \$372.2 million on land rental, cost-sharing programs and planting operations.

Todd Nielsen, an Iowa farmer, decided to incorporate cover crops into his farming rotation in Wright County because he didn't have enough manpower on his family farm to till all of his land following the annual harvest.

The concept of environmentally-conscious farming practices wasn't new to Nielsen, who already controlled rain runoff from his fields using a special tile system, but he was surprised by the impact that cover crops had on his fields.

"I found that the quality of our soil improved drastically," Nielsen said. "The cover crops weren't allowing the soil to erode during the winter season like it had in the past, so all of the nitrogen-rich dirt was staying in place."

Cover crops are different from prairie strips in that they cover the entirety of a field and consist of different types of grains that are planted after the harvest.

Nielsen was also taking steps to lessen his farm's environmental footprint through the use of a bioreactor, or a trench that water passes through and deposits nutrients before running off the field.

This simple method keeps nitrogen and other nutrients out of the water system.

In recognition of his efforts to farm in an environmentally conscious manner, Nielsen received the Iowa Farm Environmental Leader Award in the fall of 2017. This award is presented to Iowa farmers who are committed to healthy soils and improved water quality by the Iowa Department of Agriculture and Land Stewardship, the governor and lieutenant governor.

Prairie strips and grasslands are only a few things that farmers can do to lessen the impact of commercial farming practices, said Matthew Helmers, professor of agricultural and biosystems engineering and the lead researcher with Science-based Trials of Rowcrops Integrated with Prairie Strips (STRIPS).

"We have people that are active on a day-to-day basis doing research on water quality, soil erosion and wildlife protection," Helmers said. Though most prairie strips only occupy 5 to 10 percent of a field, they can make a lasting impact."

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How to Find Happiness in a Hectic World



Ven. Yuan Hao

Tibetan Buddhist nun Ven. Yuan Hao will visit from the largest Tibetan Buddhism Academy in the world. Her presentation draws on research in the biological and social sciences as well as Buddhist teachings.

Tuesday, January 23, 2018
7 pm - Sun Room, Memorial Union

Sponsored by: Di-zang Qi Buddhist Club, Committee on Lectures (funded by Student Government)

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NATIONAL

Roe v. Wade: 45 years later

BY K.RAMBO
@iowastatedaily.com

Roe v. Wade was decided by the U.S. Supreme Court on Jan. 22, 1973, making abortion legal. Forty-five years later, it is still a hotly-contested topic.

Every year, there are marches, rallies and legislation attempting to increase, decrease or eliminate altogether, access to abortions.

President Trump became the first president to speak at the March for Life last week in Washington D.C., addressing the crowd and voicing his support. While women’s rights advocates claim that abortion is a right and medical necessity, a war wages on in governments, parishes and households across the country.

“Some describe it as a war on women, others, a war on religious freedom.”

Some describe it as a war on women, others as a war on religious freedom.

Advocates say that eliminating or restricting access to abortion is dangerous, as people who wish to terminate pregnancies will be forced to pursue more dangerous methods.

Some who largely oppose abortion believe it should be allowed if early enough in pregnancy, or in cases of incest or rape.

Some believe abortion should never be allowed and that women should be forced to carry a pregnancy to term.

The list of differing opinions are as complex as the topic is controversial.

Various student groups exist on campus that have opposing viewpoints. ISU Students for Life is an active pro-life group at Iowa State.

“As far as Roe v. Wade goes, it just made all abortions legal in the United States,” said Maggie Bermel, March for Life coordinator with ISU Students for Life. “[The decision] was just very against what we were founded on ... life, liberty and the pursuit of happiness.”

Bermel, a senior in entrepreneurship, compared abortion to historical acts of oppression in the United States.

“Through the years, we’ve had to learn, that includes everyone,” Bermel said. “I mean learning about slavery, and that was okay back then, and how that’s not okay.

“I think it’s taking our country longer than it should to figure out who’s included in who deserves life, liberty and the pursuit of happiness.”

Bermel expanded on what she felt were accurate historical parallels.

“I think that a lot of times, superiors mar-

ginalize others. So we could even say like the blacks, women, and recently, like the gays,” Bermel said. “All of those translate into the unborn now, I think is a big issue we need to pursue.”

Bermel added that she believes the difference between the struggle of black people, gay people and women is that those groups are able to speak for themselves and that Students for Life are giving a “voice to the voiceless.”

Students for the Advancement of Gender Equity, or SAGE, is a student group that stands in support of Roe v. Wade and access to abortion.

“Most people [in SAGE] agree that Roe v. Wade was a good step in providing women access and the rights to controls of their own bodies, there is more to be done to ensure it, but it was definitely an important step,” said Emily Southard, senior in agriculture and society and treasurer of SAGE.

Southard noted that SAGE believes a constitutional amendment should be added to guarantee the right to access abortion.

“It would be great if there were more concrete laws that make abortion more accessible and don’t create unnecessary trauma,” Southard said.

Rep. Steve King, R-Ia, introduced H.R.490, or the Heartbeat Protection Act of 2017 on Jan. 12, 2017. On Feb. 2, 2017, the bill was sent to the Subcommittee on Crime, Terrorism, Homeland Security and Investigations, where it has been since.

“This bill amends the federal criminal code to make it a crime for a physician to knowingly perform an abortion: (1) without determining whether the fetus has a detectable heartbeat, (2) without informing the mother of the results, or (3) after determining that a fetus has a detectable heartbeat,” reads the description on Congress.gov.

The bill would create penalties of a fine, up to five years in prison, or both, for doctors who performed an abortion that would be considered prohibited with the passage of the bill.

The bill does allow an exception if the pregnant party would have their life endangered by giving birth, but specifically excludes psychological or emotional disorder, illness or condition.

The day the national March for Life happened, King tweeted his support for the march and his legislation.

Rep. Jody B. Hice, R-Ga, introduced H.R.586, or the Sanctity of Human Life Act, which would outlaw all abortions and most forms of birth control, as well as in vitro fertilization just five days later.

SF 253, currently in the Iowa Legislature, would add an Iowa constitutional amendment defining life as beginning at conception or fertilization and outlaw all abortions.

Caitlin Yamada contributed reporting to this article.

FEATURE PHOTO



CHRIS JORGENSEN/ IOWA STATE DAILY

>> CAMPUS CONVERSATIONS ENCOURAGE DIALOGUE ON FAITH

Campus Conversations: An Interfaith Dialogue was held in the Memorial Union Monday night. The event was meant to offer a place for discussion among those of different religious beliefs. The event was one of several Campus Conversation events that have been held this year.

POLICE BLOTTER

1.19.18

An officer checked on the welfare of an individual at Friley Hall (reported at 12:26 a.m.).

An individual reported being harassed at 3906 Maricopa Dr (reported at 11:32 a.m.).

Alison Claire Mckenney, age 18, of 221 Beyer Ct Unit 3759 - Ames, IA, was arrested and charged with possession of alcohol under the legal age and possession of a controlled substance at Helser Hall (reported at 9:50 p.m.).

Isabelle Scranton Gillette, age 18, of 221 Beyer Ct Unit 3759 - Ames, IA, was arrested and charged with possession of a controlled substance and possession of alcohol under the legal age at Helser Hall (reported at 9:50 p.m.).

1.20.18

An officer checked on the welfare of an individual at Geof-froy Hall (reported at 12:58 a.m.).

Carlos Negrin Bolanos, age 22, of 2904 Wood St - Ames, IA, was arrested and charged with operating while intoxicated and operation without registration at S Hyland Ave and Arbor St (reported at 2:07 a.m.).

Abby Rose Smith, age 19, of 2007 Greeley St - Ames, IA, was arrested and charged with operating while intoxicated,

possession of a controlled substance, possession of drug paraphernalia, and possession of alcohol under the legal age at Greeley St and Beach Ave (reported at 1:15 a.m.).

An officer initiated a burglary related investigation at 119 Stanton Ave (reported at 4:34 p.m.).

Nicole Elaine Anschutz, age 18, of 144 240th St - Scranton, IA, was arrested and charged with possession of drug paraphernalia, possession of a controlled substance - 2nd offense, and possession of alcohol under the legal age at Southwest Recreation Complex (reported at 7:04 p.m.).

1.21.18

An officer assisted an individual who was experiencing medical difficulties at 800-Blk Hayward Ave (reported at 2:06 a.m.).

An individual reported being harassed at Linden Hall (re-ported at 1:18 p.m.).

An individual reported the theft of a laptop at Pearson Hall (reported at 2:32 p.m.).

An officer checked on the welfare of an individual at Barton Hall (reported at 6:48 p.m.).

An officer responded to a verbal dispute at 31 Frederiksen Court (reported at 6:07 p.m.).

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CORRECTIONS

The Iowa State Daily welcomes comments and suggestions or complaints about errors that warrant correction. To submit a correction, please contact our editor at 515-294-5688 or via email at editor@iowastatedaily.com.

CROSSWORD

ACROSS

1 In short supply

6 Basics for Dick and Jane

10 XT computers

14 Mandel of "America's Got Talent"

15 Actress Lollobrigida

16 "La maja desnuda" artist

17 Primary artery

18 First name in advice

19 Baseball's Hershiser

20 Amt.

21 Playskool's Rocktivity products, e.g.

24 Mugs, e.g.

25 Old British coin

26 Clinic helper

31 Big concert setting

32 Gambler's IOU

33 Lawyers' org.

36 Peer pruriently at

37 Kermit's color

39 Coffee-brewing choice

40 Boozer

41 High-fiber food

42 Longtime "Masterpiece Theater" host

43 Decree that spells things out

46 Nighttime shindig

49 TV warrior princess

50 One's toughest critics, often, and, literally, three different words hidden in 21-, 26- and 43-Across

53 Internet letters

56 Uses a straw

57 Fairy tale start

58 D-Day beach

60 Promote big-time

61 Slangy turnarounds

62 Poe's "ebony bird"

63 Tiny hill builders

64 Criteria: Abbr.

65 Trapped on a branch

DOWN

1 Cager-turned-rapper O'Neal, familiarly

2 Old grump

3 Haywire

4 "Flicked" complaint

5 Olympians in red, white and blue

6 Andre of tennis

7 Netanyahu of Israel, familiarly

8 "Squawk on the Street" ailer

9 "Huh?"

10 Outfielder's cry

11 B in chemistry

12 "Poppycock!"

13 Doritos scoopful

22 "What can Brown do for you?" shipping co.

23 Manhattan's - Fontaine Theatre

24 Mr. Peanut prop

26 Vietnam neighbor

27 Golden Fleece vessel

28 Suspenders alternative

29 What a hound follows

30 With 53-Down, stadium fans' rhythmic motion

33 Yankee infielder, to fans

34 Ride the Harley

35 Copycat

37 Heartrending

38 Scavenging pest

39 Cartoon explorer

41 Uncle Remus's Fox

42 Monarch's spouse

43 Tears (away) from

44 Superabundance

45 Maiden name into

46 Slangy sibling

47 Bulb in a garden

48 Addition to the conversation

51 Attending to a task

52 Like some coffee or tea

53 See 30-Down

54 Roller coaster cry

55 Hand-held scanner

59 Vandalize

By Ed Sessa

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SUDOKU BY THE MEPHAM GROUP

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

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					8			4
	9		4		1			

IOWA STATE DAILY

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General Information:

The Iowa State Daily is an independent student news paper established in 1890 and written, edited and sold by students.

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294-4120

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294-2003

Retail
Advertising
294-2403

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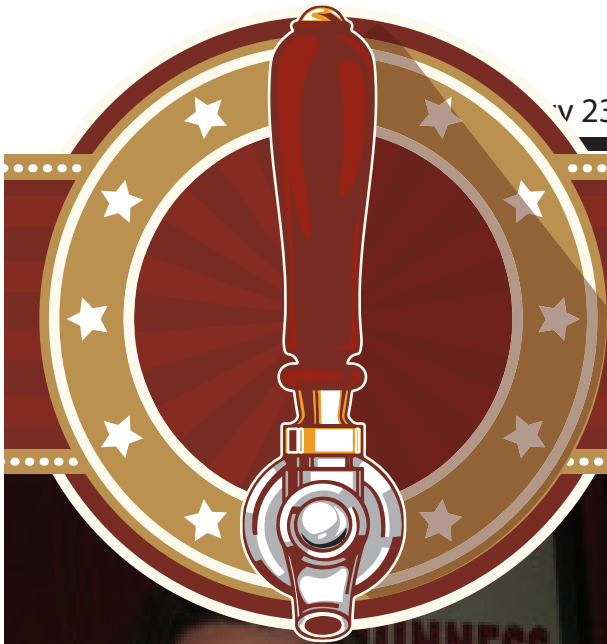
Subscription costs:
Subscriptions are 40 cents per copy or \$40 annually for mailed subscriptions to ISU students, faculty and staff. Subscriptions are \$62 annually for the general public.

The Publication Board meets at 5:15 p.m. on the fourth Wednesday of the month during the academic school year.

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The Draft



Paddy's Irish Pub: *Where your friends are at*

Patrons smile and pose during their night outing at Paddy's Irish Pub.

Photos Courtesy of Paddy's Irish Pub

BY SAVANNA.PARDEKOOPER
@iowastatedaily.com

Paddy's Irish Pub, located at 124 Welch Ave, is known for drink specials offered throughout the week, Tuesday Trivia nights and for having an inviting atmosphere and environment.

"At Paddy's we meet weekly to find ways to make coming to Paddy's a more enjoyable experience for the community," said General Manager James Kugler. "We strive to make our customers' experience here enjoyable, and some of the ways we go about doing so is setting the atmosphere from the moment you walk in."

Furniture used in Paddy's comes from Ireland and their bar top, made from teak wood, comes from another Irish bar.

Trivia Tuesday night is a weekly event Paddy's puts on, a night that Kugler feels strongly about. "Our Tuesday Trivia nights are something we pride ourselves on because all the questions and content comes from us, we don't use another company to come up with our trivia," Kugler said.

Other ways that Paddy's goes about improving their customers' experience is that the bar recently started offering liquor pitchers on Wednesday nights. This new offer is provided so that guests don't have to spend as much time waiting on a bartender when they could be enjoying their time with friends. Additionally, Saturdays will now be "super sized," meaning that for just a dollar, bar goers can upgrade a 12 ounce drink to a pint.

"The idea behind these deals is to make our guests' experience better. No

"At Paddy's we meet weekly to find ways to make coming to Paddy's a more enjoyable experience for the community."

-Paddy's General Manager

one wants to go to a bar and spend their whole night waiting for a bartender to finally get to them," Kugler said.

Paddy's also has "Sunday Fundays" and mug nights on Thursdays. When it comes to having fun, fast service and top shelf alcohol Paddy's has its customers covered.

"Paddy's is a community based bar; this is where your friends are," Kugler said.

HAPPY HOUR

4-6pm

Monday through Friday

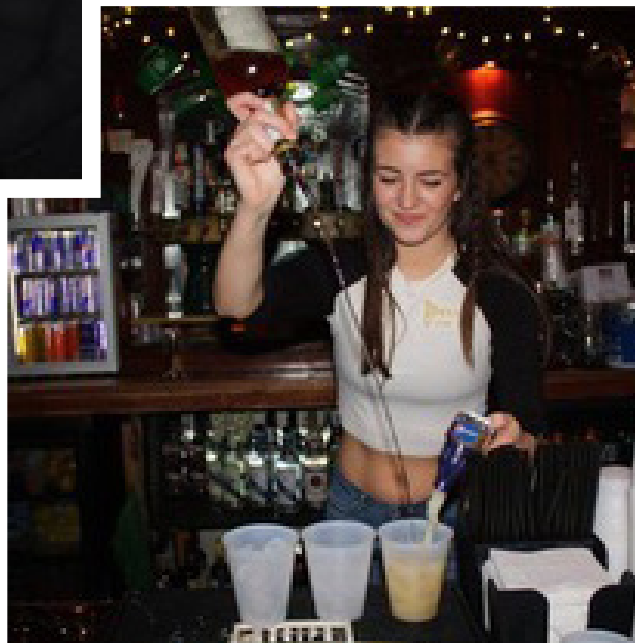
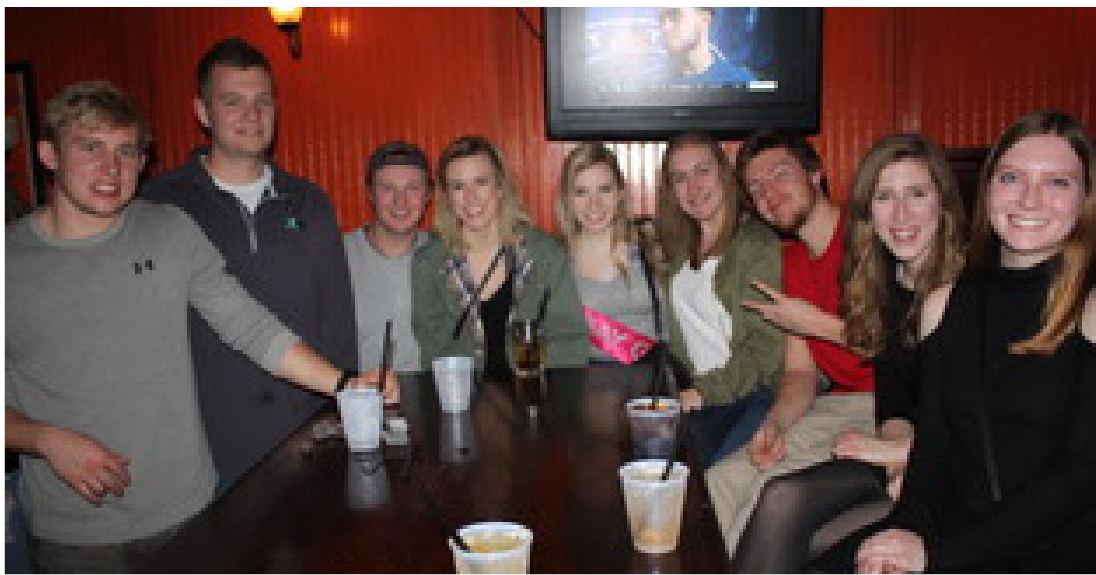
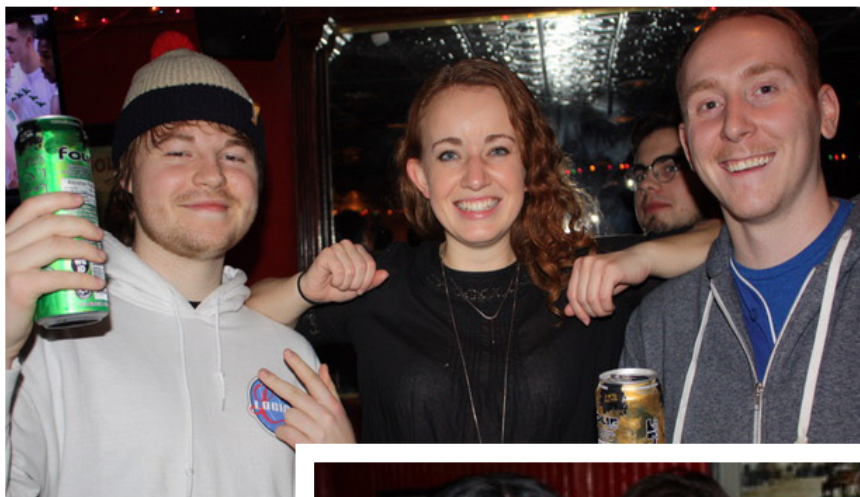
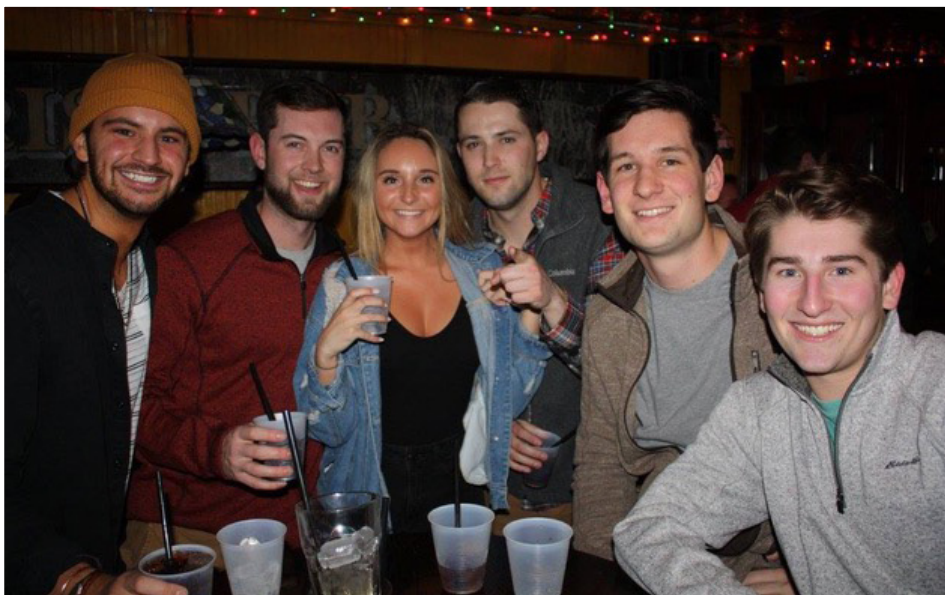
- 1/2 off select appetizers

-\$2 Domestic Draws

perfect games :.)

Bowling - Laser Tag - Arcade - Pizza

PHOTO
PAGE!



Bar goers and bartenders are snapped in mid moments of action and fun this past weekend at Paddy's Irish Pub.



POUR 'O' SCOPE



Back to work, Aries! This week will have you feeling motivated to knock out your to-do list. You can do it.



A new career opportunity will present itself soon, Taurus. You may have to do some rearranging in your life to make it work, but it's well worth the rewards.



New year, new romance. You have major chemistry with someone different from your usual type, Gemini. See where it leads, it may be worth pursuing.



The beginning of this semester has been slow-moving, Cancer. Put your energy into something productive and fun to lift your mood, like the gym or a club on campus!



It seems as if you're in a spell of bad luck, Leo. Get a group together and turn your luck around at Paddy's this weekend!



You recently faced a major disappointment, Virgo. While you are tempted to dwell, recognize that what happened was meant to be. A bigger and better opportunity is headed your direction.



You're the least confrontational sign of the zodiac, but it's time you spoke up to someone pushing you around. Stay calm and collected and you'll see a change from this person.



An old friend is back in town this week, Scorpio. Get together with them and reconnect. You'll feel happy and loved.



You're ready for an extreme change, Sagittarius. Now is the perfect time to make that career move.



Money is tight, Capricorn. That doesn't mean you shouldn't treat yourself every once in a while. If it makes your day better, indulge in the little things.

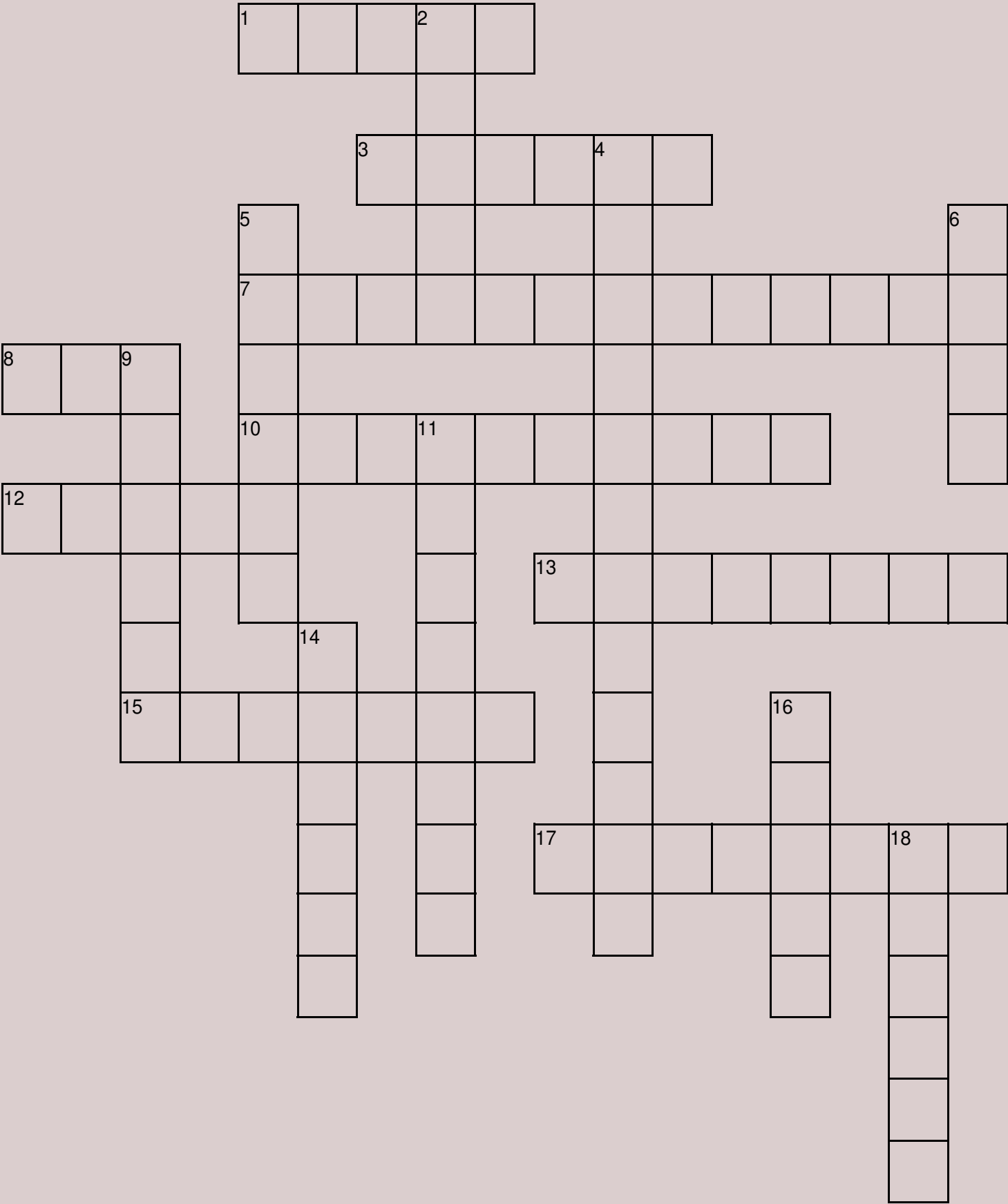


Aquarius, you've been wanting to update your look. Take the plunge and do whatever makes you feel good!



You're having trouble sticking to your New Year's resolutions, Pisces. Ask a friend to help hold you accountable.

CROSSWORD PUZZLE



ACROSS

- 1. Derby drinks
- 3. Brunch cocktail
- 7. Company that owns Bud Light, 2 words
- 8. Leap on one foot
- 10. Gin is the main ingredient in this cocktail, 2 words
- 12. What is the main liquor contained in a John Daly
- 13. Iced drink, containing rum
- 15. Liquor; feeling
- 17. Place for cocktails and music, 2 words

WORD BANK

- A DRINK

VODKA

COCKTAIL

PIANO BAR

BOOZE

HOP
- JULEP

EXILE

MAI TAI

BRANDY

SPIRITS

TOM COLLINS
- PADDYS

DAIQUIRI

STELLA ARTOIS

ANHEUSER BUSCH

SHOT

MIMOSA

DOWN

- 2. Des Moines Brewery
- 4. Belgian brewed light beer, 2 words
- 5. Curaçao cocktail, 2 words
- 6. Bar order
- 9. Welch Ave. Irish bar
- 11. Screwdriver, for example
- 14. What a hero must drink, according to Dr. Johnson
- 16. Speakeasy offering
- 18. "Want to grab _____?", 2 words

BY MATILDA.KUENSTER
@iowastatedaily.com



A Paddy's bartender enthusiastically makes a drink beind the bar.

Photos courtesy of Paddy's Irish Pub

Feeling thirsty?

TAKE THIS QUIZ TO FIND OUT WHAT DRINK BEST SUITS YOUR MOOD.

BY JILLIAN.MCKEE
@iowastatedaily.com

1. Talk about a long day. Made all the longer by...

A)My classmates/coworkers constant gabbing
B) Lack of interest in my routine
C) Love... why must it be so difficult?
D)Wait — it's not even noon yet?
2. The holidays weren't too long ago. Have you been feeling a little guilty about your diet lately?

A) Okay, so I could probably use a few more vegetables here and there
B) Nope, I'm actually very proud of my diet lately
C) Guilty? About eating? LOL
D)I guess I haven't really been paying attention...?
3. In your opinion, alcohol should be...

A)Plentiful... like triple stocked at all times
B) Nice and relaxing
C)To liven up the party
D) For those *extra* special occasions (ex: going to all my classes that day)
4. A Hollywood blockbuster, an engrossing book, and a sexy customer walk into a bar. Which do you pick up first?

A) The movie
B) The book
C) The customer
D)...what else walked into the bar?
5. This week has been...

A) Busy but exciting
B) Comfortably challenging
C) Making me want to run away *nervous laugh*
D) Tiring. When's nap time?
- If you chose mostly A, your drink is a Mojito. A thirst for adventure, perhaps? A strange desire to plunge head first into the unknown? Well then, this is the right drink for you. Celebrate your eventful week while you treat yourself to one of the most refreshing drinks around.

If you chose mostly B, a Martini seems to be the perfect fit. Class: you must to be swimming in it, baby. Sophisticated, stylish and refined. This is a drink for people who have a lot on their mind, but who also know how to properly unwind. Cheers to you.
- If you chose mostly C, a Margarita is best for your mood. Sometimes you just have to have it all, right? Sweet, salty, sour and uh... very alcoholic. Clearly the drink of choice for outgoing people who are vacationing poolside, but also an underrated choice for people who excel at dancing on tables.

If you chose mostly D, go find yourself a Long Island Iced Tea. These are typically seen as the drink of choice for those looking to get drunk in a hurry, which based on this quiz might be you. Long Island's aim to quench your thirst while tasting like liquid joy. What could go wrong?

UPCOMING BAR SPECIALS

BY NICOLE MILLER
@iowastatedaily.com

Iowa State is in the middle of the season for basketball, creating even more of a reason to hit the bars in Ames. The next five games that Iowa State plays in are on either a Saturday or Wednesday. Here are some bars in Ames with stellar specials to take advantage of while watching the basketball games.

Weekend specials are often advertised or decided by the bars individually. Although, this does not mean that bars won't be offering specials during Iowa State's Saturday basketball games. For more information on bars in Ames and their specials, The Draft recommends calling the bar beforehand or checking online for promoted specials.

Wednesdays:

Paddy's Irish Pub: "Why pay more" Wednesday
\$3 Liquor Pitchers
\$3 Apple Shots
\$4 Raspberry Lemonade Bombs

SIPS:
\$1 Domestic Draws
\$1 Well Cocktails
Stay after midnight for their \$1 Tequila Shot Special!

Outlaws:
Whiskey Wednesday's with \$1 wells and draws from 8-11pm, it is also Karaoke night.

Saturdays:

Saturdays at Paddy's will now be "super sized" meaning that for just one dollar bar goers can upgrade any 12 ounce drink to a pint.



5 UPCOMING BASKETBALL GAMES



1 Who? ISU vs. TennesseeE-
When? Sat. January 27th 4 p.m.
Where? Iowa State

2 Who? ISU vs. West Virginia
When? Wed. January 31st 7 p.m.
Where? Iowa State

3 Who? ISU vs. Baylor
When? Sat. February 3rd 8 p.m.
Where? Baylor

4 Who? ISU vs. Texas Tech
When? Wed. February 7th 9 p.m.
Where? Texas Tech

5 Who? ISU vs. Oklahoma
When? Sat. February 10th 2 p.m.
Where? Iowa State



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LONDON
UNDERGROUND



212 MAIN STREET | AMES, IOWA



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PRESENTS

THE PRE-VALENTINE'S KISS YOU'VE BEEN WAITING FOR

FEATURING:

JON MARKO

AND

STARLIGHT THERAPY

WE MEANT HERSHEY'S KISS, OF COURSE.

LONDON UNDERGROUND

THURSDAY, FEBRUARY 8

8 PM

FREE ADMISSION
KEEP IT CLEAN, PEOPLE

LONDON
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212 MAIN STREET | AMES, IOWA

LIVE AT LONDON!

Presents:

An Evening With

Kelli Rae Powell





LONDON
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212 MAIN STREET | AMES, IOWA

PADDYS

PRESENTS

TUESDAY TRIVIA NIGHT

THIS WEEK: GREY'S ANATOMY
EVERY TUESDAY @ 10 PM



OUTLAWS PRESENTS

JOIN US THURSDAY JAN 25TH

CD'S ON SALE NOW

BARN PARTY THURSDAY

Hosted by Royce Johns



CD GIVEAWAY

FIRST 100 PEOPLE
THROUGH THE DOOR
RECEIVE AN AUTOGRAPHED
FIRST EDITION CD



FINALS
APRIL 25TH

- TOP 4 SEEDS
PER WEEK ADVANCE
- 8 WILDCARDS
- 14 WEEKS

WINNING TEAM RECIEVES:

2 CY'S ROOST SWEATERS

TROPHY WITH WINNING TEAM ENGRAVED

AND A

\$500 CASH PRIZE



**** SIGN UP EARLY FOR A FREE PITCHER
AND \$1 DRINKS ON WEDNESDAY ****

SP PRESENTS

JERSEY NIGHT SATURDAY

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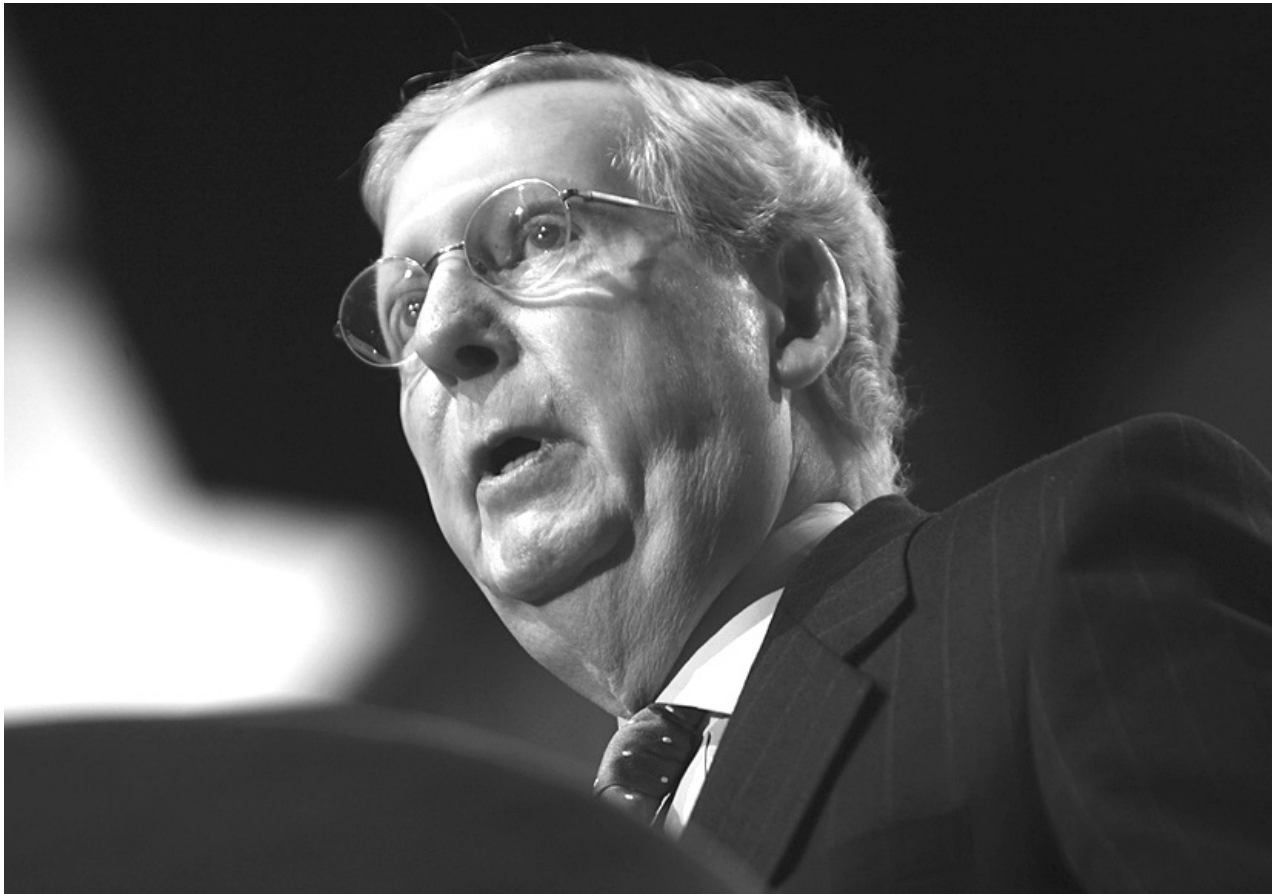
SIGNED



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RAFFLE**

RAFFLE TICKETS WILL BE GIVEN TO THOSE
WHO BUY A **CYCLONE SHOT**

THOSE WHO WEAR A JERSEY GET
\$1 OFF **CYCLONE SHOTS**



COURTESY OF WIKIMEDIA COMMONS
Senate majority leader Mitch McConnell's tweet, "Democrats have a choice," implies that Republicans do not also have a similar choice.

BY JOSHUA.HOLST
[@iowastatedaily.com](mailto:jholst@iowastatedaily.com)

Once again, due to either staggering incompetence or extraordinary stubbornness (or both), the federal government has been shut down. Naturally, both sides are pointing the finger of blame at the other, with Democrats saying that they need a deal on the Deferred Action for Childhood Arrivals (DACA) program before they fund the government and Republicans insisting that Democrats are aiding illegal immigrants at the expense of the American people. And while playing the blame game doesn't renew healthcare for 8.9 million children, it's important to know who is responsible for the current situation.

If one views the situation from the simplest point of view possible, the Senate Democrats are the reason the government is currently shut down. Procedurally, their filibuster is the thing that prevented the short-term spending bill the Republicans proposed from passing. So, if one decides to completely

ignore the reasoning and context behind the Democratic filibuster, then sure, it is their fault.

However, this is a very simplified way of looking at things. There is a very good reason for the Democratic filibuster, and it's that they are pushing for a renewal of DACA.

DACA allows undocumented immigrants who came to the United States as children to defer deportation for two years, and then they can apply for renewal. It does not offer amnesty and it does not offer a path to citizenship. Further, the average age of DACA recipients at the time they first entered America is six and a half years old.

These are people that have been in America for most of their lives, through no fault of their own, and forcing them to leave is simply unreasonable and cruel. It's not an extravagant demand to ask that any bill to fund the government include a measure that DACA remains in place for the foreseeable future.

Yet Mitch McConnell tweets about how "Democrats have a choice" between funding the Children's Health Insurance Program (CHIP) and continuing to

fight for DACA, as if those are mutually exclusive things. Nothing is forcing Republicans, who have control of both the legislature and the presidency, to fund CHIP without passing a fix to DACA as well. They're simply choosing not to, even when Democrats offer to attach additional border security onto the spending bill.

Now, this isn't to say that Democrats are faultless in this whole process. They could've gotten immigration reform done when they controlled the legislature and presidency in 2009, and allowing the issues of CHIP and DACA to go this long without being taken care of is at least partially on their shoulders.

However, the Republicans are the governing party right now. It is on them to make sure kids don't lose healthcare and people who have spent most of their lives in America don't suddenly have to worry about being deported.

These aren't issues that should end up being used as political footballs, they should be no-brainers.

And it is on the party in power that these issues have continued to be issues to this point.

EDITORIAL

Human Trafficking Prevention Month

As it has been for years, January is National Slavery and Human Trafficking Prevention Month. During this month, we must revamp our efforts to fight human trafficking every day and everywhere.

Human trafficking is an issue that, for Iowa especially, feels foreign to us. The idea that something that horrible could happen in this state seems completely insane.

But human trafficking hits closer to home than you might think.

In 2017, there were 42 human trafficking cases reported in Iowa. This isn't an anomaly either. Since 2007, there have been 239 cases of human trafficking in Iowa.

On top of that, a majority of those victims are females being trafficked for illegal sexual activity. This is disgusting and unacceptable.

Iowa isn't immune from this issue just

because we are a rural state. In fact, the major interstate highways that run right through Iowa contribute to the problem. Victims of human trafficking will almost inevitably make it through our state because of the ease of travel along those interstate highways.

Forty two cases is absolutely too many in Iowa. As long as the number of human trafficking cases is above zero, human trafficking is a big problem.

Human trafficking is here, in our home, and it is up to us to work together to solve it. We must all make ourselves aware of what the signs of human trafficking are and what we can do to stop it.

Signs that someone might be a potential victim of human trafficking are: an inability for someone to come and go as they please, someone working excessively long hours, someone lacking medical care, someone that has few personal possessions or someone that has a lack of basic knowledge about where they are.

If you see any of these signs or believe there is human trafficking happening near you, you can call the Iowa Helpline at 1-800-770-1650 or call the National Human Trafficking Resource Center Hotline at 1-888-373-7888.

You can also contact or work with the Iowa Network Against Human Trafficking and Slavery. They are dedicated to ending human trafficking and have recently begun a statewide initiative to help combat sex trafficking in Iowa.

We have an obligation as human beings to protect and help our fellow human beings whose lives are being stolen from them.

During this January, remember your obligation to be informed and unshrinking in the fight against human trafficking, especially in Iowa.

This problem isn't going anywhere unless we step up to fight it. So, as Iowans and as humans, let's all fight human trafficking each day we can.

COLUMN

Who to blame for the shutdown

Editorial Board
Emily Barske, editor-in-chief
Isaac Sinclair, opinion editor
Adam Willman, community member
Sue Ravenscroft, community member
Muhammad Mohsin Raza, community member

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Send your letters to letters@iowastatedaily.com. Letters must include the name(s), phone number(s), majors and/or group affiliation(s) and year in school of the author(s). Phone numbers and addresses will not be published. Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.

BASKETBALL

AUSSIES TAKING OVER

BY JACK.MACDONALD
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Canberra, the capital of Australia, is 9,104 miles away from Hilton Coliseum, but you don't have to look more than a few yards inside Iowa State's home to find two Australians.

Those Australians, Lauren Mills and Bride Kennedy-Hopoate, are the current lifeline the Iowa State women's basketball program has developed with the land down under. And to no ones surprise, the rise of Australian women playing college hoops is on the up and up. Out of the Power Five Conferences, there are currently 20 Australians suiting up.

Funny enough, Kennedy-Hopoate and Mills have had one other encounter before standing next to each other in the cardinal and gold colors. Prior to Mills leaving Australia on Christmas Day, she was looking through old action photos and noticed a face that was familiar to Cyclone fans.

That face was Kennedy-Hopoate in the background of one of the photos. Apparently the two had played against each other in the national tournament at the U18 level. And then the trash talk ensued like the two Australians were old pals.

"We kicked their butts," Kennedy-Hopoate said with a smirk.

The Rise

It wasn't until recent years that the Aussies have really made an impact in women's Division I basketball. As of the beginning of the 2017-18 season, there were roughly 65 suiting up at the top collegiate level. However, that excludes players like Mills who didn't enroll at Iowa State until early January.

Nonetheless, while the number is small, the impact is massive. For the Cyclones, just like how they don't have to look too far for their own Australians, they don't have to look too far for one of the best Australians in the nation.

"I would say right now Kristy Wallace is probably the best player on the best team, having the biggest impact of the Australians," said Iowa State coach Bill Fennelly.

Wallace happens to be on the No. 3 team in the country, the Baylor Lady Bears. The same Baylor team that has torched the Cyclones twice this season. Wallace might not be the most prolific scorer, but what she does

with the ball is next level.

The Lady Bears' point guard averages 4.9 assists per game, 10.7 points and holds a respectful 2.3 assist to turnover ratio. The all-around dominance is what wreaks havoc on Big 12 opponents, and when she can match her season average of 4.9 rebounds a game, the senior point guard is one of the best in the country.

"[Kristy] is an international kid that played a lot of basketball in both collegiate and for her native country, Australia," said Baylor coach Kim Mulkey. "She can take you off the dribble. She can shoot the three. She's very unselfish."

Not to knock Wallace's talent, but Fennelly believes the Australians have yet to send their best over to North America. Take the 2016 Rio Olympics for example; the Australian national team had 12 women on it. Only three had played college basketball in the states and on the current team – the Opals – there were just five on the roster of 17 players.

"But I think in the women's game, there's some good players over here, but the best ones are still over there," Fennelly said. "The players in that system are being groomed to be professional basketball players in Australia, they're not coming to the states to play ever."

The Home League

Unlike the NBA, with the likes of Ben Simmons and Matthew Dellavedova to name a couple, there are currently just a handful of Australians in the WNBA, which is regarded as one of the top leagues in the world. But, perhaps just as good as the WNBA is the WNBL located down under.

Under the WNBL there are six leagues in the second tier. And for the Cyclones' Kennedy-Hopoate, that's where she got her career started. The Brisbane native started to put her basketball career on the forefront of her mind at the age of 13 playing for the Australian national youth teams along the way.

As a matter of fact, Kennedy-Hopoate climbed through the Australian ranks alongside Wallace. The two grew up next to one another and now get to live out their lifelong dreams in the same conference, one of the best in the nation.

"We won championships together," Kennedy-Hopoate said. "That's like a sisterhood there ... We're representing our country and our families."

According to Kennedy-Hopoate, the Australians in America have formed a community with each other and all stay in touch. Some, like Wallace, took a more direct route to the Division I level than Kennedy-Hopoate. But the 6-foot-4 forward finally found a fit in Ames as one of the more physical players in the nation.

Iowa State's Aussies

Kennedy-Hopoate is averaging 7.4 points per game and 4.5 rebounds. The physicality has emerged as a problem, however, as she has racked up 56 personal fouls in just 18.5 minutes per game. Kennedy-Hopoate at times has shown what she could blossom into.

But for now she has been relegated to a bench role after struggling with foul trouble early in games. However, it might not be a bad thing to be put in that role.

In the three conference games Kennedy-Hopoate has started on the bench, she has totaled 38 points. In the other five games she has just 16 total points.

Perhaps part of that has to do with the style of play the Aussies play. They tend to play a more physical style – evident by Kennedy-Hopoate's play – and she knows that an adjustment needs to come.

"Some people said people are more physical over here, but I would say that I get away with a lot more back home -- a

lot more physicality," Kennedy-Hopoate said. "They're calling a few things and I'm like 'oh really, like that's a foul?'"

While Cyclone fans have had the luxury to watch Kennedy-Hopoate, they have yet to see Mills play. The Tasmania native has a proven track record to churn out good performances on the highest stage of play. From the U14-U18 levels, Mills donned the Tasmanian jersey playing at a high level, but since she has arrived in the United States, she has noticed a different style of play.

"I think the strength of the players, the amount of power, especially the post players play with, is something that is very different to Australian basketball," Mills said. "Obviously, size is a factor as well. We don't have as many big bodies back in Australia to compete against."

Mills and Kennedy-Hopoate aren't the first Australians Fennelly has recruited to Ames. Lauren Mansfield starred for Iowa State from 2010-12 as the starting point guard, but Alison Lacey might be the most well regarded Australian. Lacey laced up for the Cyclones from 2006-10 and was the No. 10 overall pick in the 2010 WNBA Draft.

The two current Australians hope to have as big of an impact on the program as Lacey and Mansfield had, but for now, the two will continue to grow with a familiar Australian accent in the locker room.

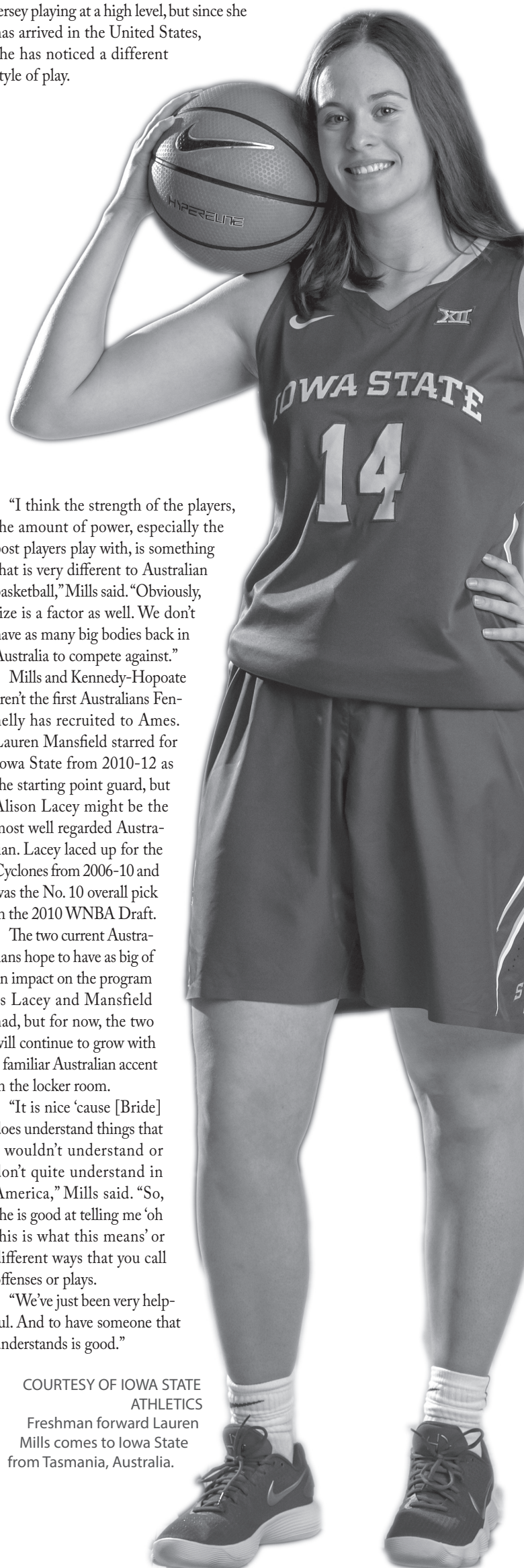
"It is nice 'cause [Bride] does understand things that I wouldn't understand or don't quite understand in America," Mills said. "So, she is good at telling me 'oh this is what this means' or different ways that you call offenses or plays."

"We've just been very helpful. And to have someone that understands is good."

COURTESY OF IOWA STATE
ATHLETICS
Freshman forward Lauren
Mills comes to Iowa State
from Tasmania, Australia.



MIKINNA KERNS/ IOWA
STATE DAILY
Junior forward Bride
Kennedy-Hopoate
enters as a newcomer
for the Cyclones after
transferring from
Hutchinson Commu-
nity College.



MAKE-AHEAD

Mason jar salads

BY MANICHANH.NAONADY
@iowastatedaily.com

Make-ahead Mason jar salads are portable, easy to make and can be adjusted to whatever kind of salad you like the most. Give these make-ahead Mason jar salad recipes a try and add a variety of greens, veggies and proteins and more for a small, custom salad.

The trick to making Mason jar salads work is knowing how to layer. A quart size Mason jar works best for these.

First layer: salad dressing always goes on the bottom
Second layer: sturdier vegetables that will not get soggy, such as tomatoes, cucumbers, broccoli, etc.

Third layer: extra add ins, such as avocado, nuts, seeds, etc.

Fourth layer: proteins, such as eggs, chicken, deli meat, bacon, etc.

Fifth layer: lettuce, such as spinach, romaine, etc.



MANICHANH NAONADY/ IOWA STATE DAILY

From right to left: spicy southwestern salad, Italian chicken salad and chef's salad.

Spicy Southwestern Salad

- 4 tbsp chipotle salad dressing
- 1/4 cup red pepper, chopped
- 1/4 cup cucumber, chopped
- 1/4 cup tomatoes, chopped
- 1/2 cup avocado, chopped
- 2 tbsp shredded cheddar cheese
- 1 tsp crumbled bacon
- 1/4 cup cooked chicken, chopped
- 1/2 cup romaine lettuce, chopped

Italian Chicken Salad

- 4 tbsp Italian dressing
- 1/4 cup cucumber, chopped
- 1/4 cup tomatoes, chopped
- 1/4 cup cooked chicken, chopped
- 2 tbsp shredded cheddar cheese
- 1/2 cup Italian lettuce blend

Chef's Salad

- 4 tbsp ranch dressing
- 1/4 cup cucumber, chopped
- 1/4 cup tomatoes, chopped
- 2 tbsp shredded cheddar cheese
- 1 hard-boiled egg, chopped
- 1/4 cup ham, chopped
- 1/4 cup chopped chicken, chopped
- 1/2 cup romaine lettuce, chopped

FITNESS

Fit for a resolution: Rec Services fitness classes

BY AUDREY.NELSON
@iowastatedaily.com

New Year's resolutions may have been broken long ago, but it's never too late to start over with more focus and a healthy mindset. Recreation Services offers a wide variety of fitness classes varying in level of difficulty and what kind of exercise the class will focus on.

The classes are broken into three levels with level three being the most difficult. The list also indicates the type of exercise the class focuses on. Classes are sorted into categories such as cardiorespiratory endurance, muscular endurance, flexibility and muscular strength.

Iowa State students and rec pass holders do not need to register, sign up or pay for classes.

Three new level I classes are available, with the first being "The Bachelor" Cycle. The class will be watching ABC's 22nd season of "The Bachelor" while cycling.

TRX Blast is another new class and stands for Total Body Resistance eXercise. Participants will use suspension trainers to preform resistance exercises. The class is designed to build lean muscle using only gravity and body weight.

The third new addition is Kettlebells. The class will use kettlebells for compound exercises to build muscular strength and endurance.

In total, there are 33 classes offered this semester.

"We literally have 120 plus classes every week," said Ashley Artist, fitness coordinator for Rec



KATLYN CAMPBELL/IOWA STATE DAILY

Students participate in a sunrise yoga session at 7 a.m. on Oct. 10. as part of the free fitness classes offered by the Iowa State Recreation Services.

Services, in a previous article with the Daily. "Anywhere from yoga, Pilates, resistance training, cardio classes, functional training classes, we've just got something for everyone. Honestly, no matter who you are, there's something on our group fitness schedule that you'll like for indoor fitness."

In the past, the most popular classes have included yoga, barre, cycling, boxing and spe-

cialty dance classes such as Zumba, hip-hop and jazzercise.

The full class offerings and the schedule/instructor assignments are available on the Rec Services website.

Updates on fitness classes are available through Facebook and Twitter @ISUGroupFit and on Instagram at GroupFitnessISU.

>> **MASON** PG1

wrap my head around it.”

Ehrecke had also been waiting with him.

“It was kind of surreal,” Ehrecke said. “It was nothing you would imagine would happen to someone so young and healthy. It was a shock. Something you never expect to hear.”

The doctors had no clue how it got there. There was no certain thing that caused it, besides his body creating it as a fluke.

Ehrecke said that at the time it was the worst thing to hear, but luckily it was easier to remove than most brain tumors.

Fortunately, Mason got a surgery scheduled for two days later at the Mayo Clinic in Rochester, Minnesota.

The surgery would allow doctors to remove the tumor, but they had no way of knowing if it was benign or cancerous until after they sent it in for testing.

The doctors were able to remove the tumor and when the results came back, they showed that it was not cancerous.

Even so, after having brain surgery, the road to recovery is daunting.

The Road to Recovery

Mason is studying to become a strength and conditioning coach.

Before his surgery he was active in playing hockey and going to the gym on a regular basis. However, part of his recovery process was to remain as inactive as possible.

“I was a very active person,” Mason said. “I [was going] to the gym every day, [but] recovery involved sitting on a couch and not doing anything.”

Other restrictions that Mason had were not being able to lift anything heavier than five pounds for the next six weeks.

“It’s crazy how much you see your body deteriorate when you can’t move and can’t do anything,” Mason said.

Over the course of his recovery, Mason lost about 16 pounds in muscle and gained body fat. He had weighed 196 pounds before his surgery and sat at 179 pounds

at the time.

“It’s been tough on me,” Mason said. “That’s not really how I like to live. But I can’t complain, I’m healing and doing better.”

Along with the inactivity, due to a state law about having a seizure, Mason isn’t legally allowed to drive a car in the state of Iowa for six months.

The same law applies in Minnesota, but only requires someone to stay off the road for three months.

“It’s been up and down,” Ehrecke said. “He was in a lot of pain. He was so used to being very active and I think that bothered him for the first month.

“He didn’t really have much he could do. He couldn’t walk around very much on his own.”

Mason also got a visit from his best friend when he was home for Thanksgiving break. Sabo grew up 45 minutes away from Mason in Illinois.

When Sabo and his girlfriend visited Mason over break, what they saw was not the same person they knew prior to the surgery.

“[He was] completely different,” Sabo said. “He’s really into working out all the time. I know he can’t wait to get back into the swing of things. It’s got to be tough for him to kind of sit there and wait it out.”

Now, although he isn’t 100 percent healthy, Mason is taking the next step in trying to return to the ice.

“He’s extremely talented,” Sabo said. “You can tell he just has this vision and just a passion for the game.”

Mason played nine games for Cyclone Hockey during his freshman year last season according to ACHA hockey.org.

“If he could make a return for at least one year, it would be pretty great,” Sabo said. “I think it would be really fun. I’d get to play with [my] best friend.”

He knew there would be some obstacles to overcome to get back to 100 percent, but it’s not stopping him.

“In the long term, nothing’s [holding me] back,” Mason said.



CHRIS JORGENSEN/ IOWA STATE DAILY

“In the long term, nothing’s [holding me] back,” Mason said about his recovery.



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